

Peacock Press

Naval Postgraduate School

SEPTEMBER 2003



NPS Salutes Bob Hope Thanks For The Memories

228th U.S. Navy Birthday Ball

When: October 3, 2003

1830 - 1915 - Cocktails on the Quarterdeck

1915 - Bag Pipe Procession to Ballroom

1930 - Event Opening and Dinner

2100 - 0100 - Ceremony and Dancing with **LIVE MUSIC** provided by "THE MAROTTA BAND"
performing Motown, Country, Rock-n-roll and Top-40 tunes.

Where: Barbara McNitt Ballroom, Naval Postgraduate School

Attire: Civilian - Formal (Black Tie)

Military - Dinner Dress Blue Jacket or Service equivalent

Covers and gloves not necessary

Ticket Prices:

E1 to E6, GS1 to GS5, NA & NL	\$25.00 each
E7 to 04, GS6 to GS12	\$49.00 each
05 and up, GS 13 & up + Faculty	\$59.00 each
General Public	\$69.00 each

LIMIT 3 GUESTS PER PATRON/COUPLE OF THE SAME RATE

Ticket Sales: Monday through Friday, 0930-1330 & 1430-1630 at the
MWR-Information Tickets & Tours (ITT) Office (Room 126, Herrmann Hall)

Deadline to purchase: Tuesday, September 30, 2003

All ticket sales are final.

A professional photographer will be available from 1815 - 2130

Packages are available from \$15.00 to \$35.00

For more information call (831) 656-3223/3224

www.mwr.nps.navy.mil



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Car Buying Strategies: Thurs 4 Sept 1:00-2:30 pm FFSC Bldg 3.

Raising an Emotionally Intelligent Child: Mon 8 Sept 4:15-5:45 pm FFSC, Bldg 3. Parents will learn to help their children understand their emotions by discussing new approaches, listening with empathy, positive praise and reinforcement and how to redirect certain behaviors.

Stress Management: Mon 15 Sept 4:30-5:45 pm FFSC, Bldg 3. Learn ways to cope with stress and reduce tension in your life and will also learn relaxation techniques.

Transition Assistance Program (TAP) Seminar: Tues-Thurs 16-18 Sept 7:50 a.m.-4:00 p.m. Spanagel Hall, Rm 101A. TAP Seminars are recommended 2 years before retire-

SEPTEMBER 2003 SCHEDULE OF CLASSES

ment and 12 months before separation. Topics covered: Personal Appraisal, Career Exploration, Strategies for an Effective Job Search, Interviews, Reviewing Job Offers, and much more. A Pre-Separation briefing must be completed no later than **5 Sept 03** to attend.

CARIT Brief: Fri 19 Sep 8-10 am Spanagel Hall, Rm 101A. Attendance at this briefing is mandatory for personnel retiring or separating. Failure to attend this briefing will require travel to Lemoore NAS, CA to complete this requirement. Topics covered: DD 214 (Certificate of Release or Discharge from Active Duty), Household Goods/Travel, VA Benefits, Retirement Information, social security and much more.

Budget 4 Baby: Tues 23 Sept 6-8 pm La Mesa Community Center. When you complete a Navy-Marine Corps Relief Society BUDGET 4 BABY CLASS, you will receive "Baby's First Sea Bag". The class is open to sailors, Marines and Coast Guard Enlisted or Officers, Active Duty, Retirees and Dependents! (Sorry no exceptions). NLT 19 Sept 03 to register.

NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison
Superintendent

COL David Smarsh USAF
Chief of Staff

GSCM(SW) R.O. Murphy
Command Master Chief

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Executive Director, Facilities
and Support Services

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Quality of Life Director

Darlene Raish
Leisure Services Manager

Clay Murray
Golf Course/RV Campground
Manager

Megan Ryan
Child Development & Youth
Program Administrator

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in
650 924-1000

Savings and Investments: Thurs 25 Sept 1:00-2:30 pm FFSC, Bldg 3.

Self-Confidence/Chess Group: Wednesdays 2:30-3:45 pm La Mesa Community Center; Thursdays 2:30-3:45 pm OMC Chapel. There will be a brief discussion on self-confidence and then children will learn and play chess. While the intent is learning how to play, the emphasis of the group will focus on enjoyment and socialization versus competition or the need to win.

Toddler Play Group: Fridays 10:30-11:45 a.m. La Mesa Community Center. A play and activity group for children ages 14 months to 3 years. Parents are encouraged to interact with their toddlers through fun activities, share parenting tips and resources - younger siblings are welcome.

Registration is required. Call the Fleet and Family Support Center, 656-3060 to register. Visit the FFSC website for update to classes: <http://www.nps.navy.mil/ffsc>

MWR September 2003 Calendar of Events

Page 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>¹ Concert on the Lawn Labor Day ★★★★★</p>	<p>² EVOLUTION (PG 13) 1900 Every Tuesday Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00</p>	<p>³ DAYS OF THUNDER (PG 13) 1900 Every Wednesday Dinner Special El Prado Room 1600-2100 BBQ BABY BACK RIBS Adults: \$8.50 Kids 5-10 \$4.25</p>	<p>⁴ GREASE (PG) 1800 Every Thursday FAMILY NIGHT Dinner Special ROAST TOM TURKEY Adults: \$7.00 Kids 5-10 \$3.50</p>	<p>⁵ Every Friday Dinner Special El Prado Room 1600-2100 FISHERMAN'S PLATTER Adults: \$8.75 Kids 5-10 \$4.50</p>	<p>⁶ CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION PARTIES"</p>
<p>⁷ For Party Reservations at CLUB DEL MONTE Please call 656-2170</p>	<p>⁸ K2 (R) 1900 Mon 8, 15, 22 & 29 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p>⁹ CHARLIE'S ANGELS: FULL THROTTLE (PG 13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>¹⁰ LEAGUE OF EXTRA ORDINARY GENTLEMEN (PG 13) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>¹¹ RAIDERS OF THE LOST ARK (PG) 1800 Dinner Special ROAST TOM TURKEY</p>	<p>¹² Dinner Special FISHERMAN'S PLATTER Adults: \$8.75 Kids 5-10 \$4.50</p>	<p>¹³ TRIDENT ROOM BEVERAGE SERVICE 1600-2300</p>
<p>¹⁴ ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>¹⁵ THE MATRIX: RELOADED (R) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>¹⁶ WRONG TURN (R) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>¹⁷ THE ITALIAN JOB (PG 13) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>¹⁸ NO MOVIE Dinner Special ROAST TOM TURKEY</p>	<p>¹⁹ Every Friday TRIDENT ROOM OPEN 1500-2300 SOCIAL HOUR 1600-1800</p>	<p>²⁰ MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS</p>
<p>²¹ ITT NEW OFFICE LOCATION: ROOM 126 ACROSS FROM THE QUARTERDECK</p>	<p>²² AIR FORCE ONE (R) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>²³ HOLLYWOOD HOMICIDE (PG 13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>²⁴ CHINA TOWN (R) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>²⁵ GREASE (PG) 1800 Dinner Special ROAST TOM TURKEY</p>	<p>²⁶ Dinner Special El Prado Room 1600-2100 FISHERMAN'S PLATTER</p>	<p>²⁷ BLUEWATER COVE MARINA OPEN DAILY NOON TO SUNSET "HANA LEI CRUISE" 1300-1500</p>
<p>²⁸ MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND Please call 656-7563</p>	<p>²⁹ TITANIC (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>³⁰ THE FLY (R) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK CALL 656-2167</p>	<p>MONTEREY PINES GOLF COURSE OPEN DAILY & MOST FEDERAL HOLIDAYS.</p>	<p>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</p>	<p>MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>

September Dinner Specials *Served in the El Prado Dining Room* *Monday-Friday 4:00-9:00 p.m.*



MONDAY DINNER SPECIAL

FRESH SEAFOOD CIOPPINO

*with Shrimp, Calamari, Crab and Mussels,
Fresh Caesar Salad and Garlic Bread*

Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00

FAMILY NIGHT EVERY THURSDAY DINNER SPECIAL



ROAST TOM TURKEY

*with Mashed Potatoes/gravy
and Fresh Vegetables*

Adult \$7.00 Kids 5-10 \$3.50

TUESDAY DINNER SPECIAL



SLOW ROASTED PRIME RIB

*"moist and tender" with Aux Jus
accompanied with Horse Radish, Baked
Potato, Sour Cream
and Chef's choice dessert
only \$13.00*

FRIDAY NIGHT SPECIAL



FISHERMAN'S PLATTER

*Combination Plate: Fried Shrimp, Fried Alaskan White Cod,
Fried Calamari, Rice Pilaf and Fresh Vegetables.*

Adults \$8.75 Kids 5-10 \$4.50



WEDNESDAY DINNER SPECIAL

BBQ BABY BACK RIBS

*served with Corn Bread,
Fresh Corn on the Cob
and Fried Potato Wedges*

Adults \$8.50 Kids 5-10 \$4.25

MWR ADVISORY BOARD TO MEET WEDNESDAY, 3 SEPTEMBER 2003

*The next MWR Advisory Board Meeting is set for Wednesday,
3 September 2003, at 10:00 a.m. in the La Novia Room,
Herrmann Hall, Bldg 220.*

*All Departments of the Naval Postgraduate School and tenant
commands are encouraged to send representatives to these
informative bi-monthly meetings.*

*This is your opportunity to gather the latest MWR info and to
share your command's feed back with key MWR personnel.*

*For more on how your command can take part in the MWR
Advisory Board, call the MWR Administrative Office at 656-
1049.*

*Watch for an evening of....
Musical Dinner Theater presentation
about marriage by*

ALMARK PRODUCTIONS



*Wednesday, 15 October 2003
Barbarra McNitt Ballroom*

*Buffet Dinner: 6:30 P.M.
Show: 8:00 - 9:30 P.M.
\$15.00 per person*

starring

Alex Petrides

and

Alicia Helen Markarian

Love Letters

Tues 2 Sept - **Evolution** (description not available)

Wed 3 Sept - **Days Of Thunder** (PG 13) 107 min: Tom Cruise & Nicole Kidman. A former driver and NASCAR legend joins the team when he sees the rookie's potential. Determined to make it to the top, he develops a healthy rivalry with a veteran racer. Along the way, his mentor and a potential tragedy leads him through the dramatic process of self-discovery, which ultimately makes him a better driver.

Thurs 4 & 25 Sept - **Grease** (PG) 110 min: John Travolta & Olivia Newton-John. In the late 1950's a small town Australian girl moves to the United States and tries to fit in with the local high school crowd.

Mon 8 Sept - **K2** (R) 118 min: Michael Biehn & Hiroshi Fujioka. When a pair of novice mountain climbers meet a group of professional mountaineers training to climb the world's second highest peak, they will do anything to go with them. Obsessed with the climb and scornful of the risk involved, they join the team to take on the challenges, both physical and natural, of the mountain known as K2.

Tues 9 Sept - **Charlie's Angels: Full Throttle** (PG 13) 103 min: Cameron Diaz & Drew Barrymore. The "Angels", three investigative agents who work for the Charles Townsend Detective Agency, return for another high-octane series of adventures as they investigate the theft of a database of witness protection profiles, after five of the people on the list are murdered.

Wed 10 Sept - **League Of Extraordinary Gentlemen** (PG 13) 110 min: Sean Connery & Peta Wilson. With the fate of the world at stake, a team of extraordinary figures with legendary powers is our last hope. Led by a renowned adventurer, this "League" is comprised of the world's first super heroes from famous works of literature.

Thurs 11 Sept - **Raiders Of The Lost Ark** (PG) 115 min: Harrison Ford & Karen Allen. In the late 1930's, an adventurous archeologist, who prefers field work to the boredom of the classroom, is shown a damaged tablet describing the location of an ancient artifact that he can't resist the urge to find. But others are looking for it too, because the "Ark of the Covenant" is said to contain the very power of God.

Mon 15 Sept - **The Matrix: Reloaded** (R) 138 min: Keanu Reeves & Carrie-Anne Moss. Neo, Morpheus, Trinity and the rest of their crew continue to battle the machines that have enslaved the human race in the Matrix. Now, more humans are waking up out of the matrix and attempting to live in the real world. As their numbers grow, the battle moves to Zion, the last real-world city and the center of human resistance.

Tues 16 Sept - **Wrong Turn** (R) 84 min: Eliza Dushku & Jeremy Sisto. A carload of six teens find themselves trapped in the woods of West Virginia, hunted down by "cannibalistic mountain men grossly disfigured through generations of inbreeding."

Wed 17 Sept - **The Italian Job** (PG 13) 110 min: Mar Wahlberg & Edward Norton. A mastermind thief pulls off an amazing gold bullion heist from a heavily guarded palazzo in Venice, Italy, only to be doublecrossed by one of his crew. Seeking revenge, he recruits a beautiful nerves-of-steel safe cracker, and along with his former gang, travels to California where they plan to re-steal the gold by manipulating traffic signals and creating havoc on the streets of Los Angeles.

Thurs 18 Sept - **NO MOVIE**

Mon 22 Sept - **Air Force One** (R) 125 min: Harrison Ford & Wendy Crewson. The United States' policy is that it will not negotiate with terrorists. Even if it involves the President's family. But when Russian neo-nationalists hijack Air Force One, with the first family on-board, the free world is plunged into a crisis and the President's beliefs and courage are about to be put to the ultimate test.

Tues 23 Sept - **Hollywood Homicide** (PG-13) 116 min: Harrison Ford & Lolita Davidovich. Two LAPD detectives are on the case when a rap group is murdered while performing at a local nightclub. But will they solve the crime and nab the bad guys...perhaps, if their moonlighting careers don't get in the way!

Wed 24 Sept - **China Town** (R) 130 min: Jack Nicholson & Fay Dunaway. A private detective investigating an adultery case stumbles on to a scheme of murder that has something to do with water.

Mon 29 Sept - **Titanic** (PG-13) 108 min: Leonardo DiCaprio & Kate Winslet. Its name stirs the imagination, an unsinkable ship, an unforgettable catastrophe. What untold stories remain to be discovered two and a half miles beneath the waves of the Atlantic? A beautiful girl, a penniless artist, a priceless diamond. A collision of lives that could only have happened on the Titanic...the ship of dreams.

Tues 30 Sept - **The Fly** (R) 96 min: Jeff Goldblum & Geena Davis. A nerdy, self-involved research scientist, working on a project to teleport matter, decides to take the next step and transport a living creature. But his plans go awry when he attempts to transport himself

WATCH FREE MOVIES IN THE BARBARA MCNITT THEATER AND GET A BUCKET OF FREE POPCORN! OPEN TO ALL AUTHORIZED MWR PATRONS.



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

SEPTEMBER	UPCOMING ITT TOURS	PRICE
6	San Francisco Giants vs. Diamond Backs	\$45.00
13	San Francisco Get Acquainted Tour	\$23.00
20	Six Flags Marine World	\$45.00
27	San Francisco Zoo	\$30.00
27	Giants vs. Dodgers	\$45.00



Laguna Seca tickets for the Monterey Sports Car Championships include General Admission and Paddock Passes.



September ticket prices: Saturday, \$22.50; Sunday, \$33.00; 2 Day, \$40.00; 3 Day \$47.00. Stop by ITT office for race schedule and more information.



OAKLAND A'S TICKETS



Oakland A's weekend games tickets are \$10.50 each. Stop by the ITT Office to see what tickets we have available.

RENAISSANCE PLEASURE FAIRE



The Renaissance Pleasure Faire is in Gilroy this Fall!! September 9-October 19 at the Casa de Fruta. Tickets will be on sale at ITT office starting September 1, 2003. Adults \$15.00, children ages 5-11 \$9.00, children 4 and under FREE.

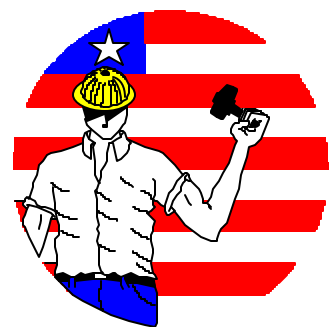
ENTERTAINMENT BOOKS



2004 Entertainment Books are available in September at the ITT office for \$20.00. Use coupons to save money at the local stores, restaurants and more! Close out sale on 2003 Entertainment Books will take effect September 1 for only \$10.00.

LOCATION, LOCATION, LOCATION!!

ITT office has moved across from the Quarterdeck to Room 126. Same great service and hours of operation, just new location!



**THE FOLLOWING
MWR FACILITIES WILL BE CLOSED ON
MONDAY, 1 SEPTEMBER 2003
IN OBSERVANCE OF LABOR DAY**

**BLUEWATER COVE MARINA
CHILD DEVELOPMENT CENTER
CLUB DEL MONTE
INFORMATION TICKETS & TOURS
MWR ADMINISTRATIVE AND
CATERING OFFICES
MWR BUSINESS OFFICE**

**TECH CONNECTION/
TEEN & YOUTH CENTER**

MONTEREY BAY ATHLETIC CLUB NEW HOURS OF OPERATION AND FEE RATES EFFECTIVE 1 OCTOBER 2003

HOURS OF OPERATION

Monday-Friday: 0530-2100

Saturday: 1200-1700

Sunday and federal holidays: Closed

FEE RATES:

Active Duty/Reservists		FREE
Retirees/Family Members		FREE
DOD Civilian	Daily	\$5.00
	Monthly	\$25.00
	Semi-annual	\$80.00
	Annual	\$150.00

LOCKER FEE RATES:

Active Duty	(Quarterly)	\$30.00
	(6 months)	\$60.00
	(Annual)	\$100.00
DOD Civilian	(Quarterly)	\$45.00
	(6 months)	\$90.00
	(Annual)	\$150.00

FITNESS

Stability Ball Training. Learn how to use the Stability Ball - half hour class session (four sessions only). Class is offered September 9-18 every Tuesday and Thursday 1:00-1:30 p.m. (right after the spin class). Free to military.

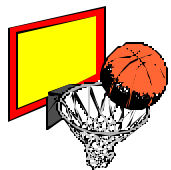
Tai Chi. The class will be held every Wednesday 9:30-10:30 a.m. starting September 10 and ends October 29. Cost is \$10.00 every session or 8 sessions for \$80.00. Catherine Wenner is back for another 8 week class, for all levels, including beginners. Increase energy, decrease stress and promote spiritual awareness. Pre-registration is required with 15 participants minimum.

Strength Training. September 11, 11:00 a.m.-12:00 p.m. This is a one hour free lecture to members for beginners and intermediate lifters focused on "Optimizing your Strength" program.

HOLIDAY FITNESS CHALLENGE IS COMING UP OCT 20 THRU DEC 12. PLEASE CALL 656-3118 FOR MORE DETAILS.

SPORTS

FALL BASKETBALL



Organizational meeting
Wednesday, 24 September at 1600
Team registration: 2-30 September 2003
League begins 15 October 2003
Played Mondays & Wednesdays 1800-2000

FALL SOFTBALL

Organizational meeting
Tuesday, 25 September 2003 at 1600
Team registration: 2-30 September 2003
League begins 14 October 2003
Played Tuesdays & Thursdays 1800-2000



SPECIAL ANNOUNCEMENT

Swim cards for the swim program at the Monterey Sports Center has been discontinued. Cards issued to expire after September 30, 2003 will no longer be honored at the MSC.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
10:30 AM						SPIN
11:00 AM	POWER FLEX		POWER FLEX		YOGA GENTLE	
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)	YOGA ATHLETE	
4:30 PM		POWER FLEX		POWER FLEX		
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC DAILY	CYCLING DAILY	AEROBIC 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$50.00	\$7.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$50.00	\$7.00
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$50.00	\$7.00

Combo Cards: Allow you to take aerobics or cycling classes.

THERAPEUTIC MASSAGE

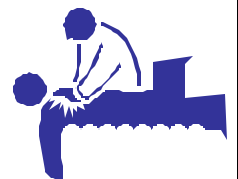
(now available)

Fees:

\$50.00 for a one-hour massage session.

\$75.00 for a one and one-half hour massage session.

For appointments, please call 656-3118.



PERSONAL TRAINING

We offer personal training that includes consultation, fitness/exercise program design and one-on-one training.

BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles available for rental by fitness center eligible patrons to meet their transportation needs or for recreational riding.



Two kinds of bikes are available for rental-street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below:

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 208.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	

Monterey Bay Athletic Club will be open on Monday, 1 September 1000-1700 Labor Day.

Child Development Center “CDC is the place to be!”



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care. We maintain a wait list for full-time care.

Life Skills Readiness Program: (Part-Day Preschool Enrichment Program) **Fall Session August 11, 2003 - June 2004 9:00 - 11:30 am.**

Jellyfish Drop-In Care Room: Reserve a space for your child in our drop-in care room up to two full weeks in advance. Care is available Monday-Friday from 8:30 am to 4 pm for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 for snack \$2.00 for lunch. Afford yourself the extra time you need for appointments, to run errands, or just a little adult time to yourself. We have lots of fun!

Before School Care is available for children attending La Mesa Elementary School ages 5-12 years.

The Power of Play: Have you ever heard someone remark about an early childhood program—even ours, perhaps—“All the children do there is play”? At good early childhood programs there is a lot of play and there should be! Years of research on children’s learning and development document the many benefits of play for children’s intellectual, social, emotional, physical, and language development. Children at play are actively involved in creating themes, exploring and establishing environments, solving problems, and developing shared understandings. Children play in many ways. They play independently, sometimes near each other but with each child engrossed in his own activity. They engage in what is called “parallel play,” perhaps using each others’ toys or even talking, but not coordinating their play. They also play cooperatively, organizing roles and scenarios for group play.

As they get older, children are capable of more cooperative, coordinated play. But all kinds of play are valuable. As kids play with each other, they learn to see other children’s points of view and begin to become more empathetic and caring. They come to understand customs and rules in their own culture and to appreciate those of others. They learn to use language in new ways to describe their play and to interact with others. And in play, children develop their muscles and coordination. Adults support children’s play by providing space, opportunity, and materials. We set up areas where kids can play without fear of damaging furniture or injuring themselves. We make sure that they have the time to choose and to become engaged in their own play activities. And when we provide them with simple, interesting materials—no newfangled, expensive gadgets required—kids take it from there. Play is fun. But it also is serious business that pays big dividends to its eager, young investors.



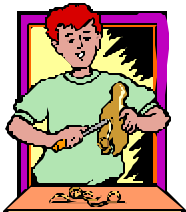


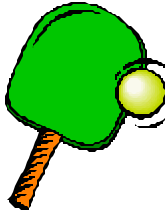



The Child Development Home program offers Navy certified care by military family members in their homes.

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You’ll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We’ll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for more information.

YOUTH & TEEN SEPTEMBER 2003 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>OPEN MON-FRI CLOSED ON WEEKENDS AND ALL FEDERAL HOLIDAYS</i></p>	<p>1 CLOSED Labor Day ★★★★★</p>	<p>2 YOUTH & TEEN ARTS & CRAFTS 1530 SAC FREE CHOICE AFTERNOON</p>	<p>3 YOUTH & TEEN NATIONAL MACADAMIA NUT DAY SAC HANG OUT WITH THE CHICKENS</p>	<p>4 YOUTH & TEEN CHAT ROOM 3 ON 3 BASKETBALL 1600 SAC FOUR CORNERS</p>	<p>5 SAC, YOUTH & TEEN MAKE A PIZZA NATIONAL CHEESE PIZZA DAY</p>	<p>6 BALLET/JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month</p>
<p>7 OPEN REC HOURS 1430-1800</p>	<p>8 YOUTH & TEEN MAKE YOUR OWN NATIONAL FLAG 1530 SAC BRING YOUR BASEBALL GLOVE DAY</p>	<p>9 YOUTH & TEEN TEDDY BEAR DAY 1530 SAC THE BEST EVER PAPER AIRPLANE</p>	<p>10 YOUTH & TEEN C:DRIVE KICKBALL 1500-1600 SAC CHICKEN CLICKERS</p>	<p>11 YOUTH & TEEN REMEMBER 9-11-01 SAC BACKYARD PARK</p>	<p>12 YOUTH & TEEN VIDEO GAMES DAY 1530 SAC NATIONAL CHOCOLATE MILK SHAKE DAY</p>	<p>13 SAC HOURS 1430-1800</p>
<p>14 </p>	<p>15 SAC WOOD WORKING DAY</p>	<p>16 YOUTH & TEEN CHAT ROOM 4 SQUARE 1530-1630 SAC WOOD WORKING DAY</p>	<p>17 YOUTH & TEEN CITIZENSHIP DAY SAC CHICKEN DANCE</p>	<p>18 YOUTH & TEEN CHAT ROOM SUNDAES 1600-1700 SAC MINI GOLF DAY</p>	<p>19 YOUTH & TEEN NATIONAL BUTTER- SCOTCH PUDDING DAY SAC SHAVING CREAM PLAY DAY</p>	<p>20 </p>
<p>21 </p>	<p>22 YOUTH & TEEN C:DRIVE NETWORK 1500 SAC FREE MOVEMENT</p>	<p>23 YOUTH & TEEN FALL EQUINOX AUTUMN BEGINS SAC MAKE CHOCO- LATE COVERED PRETZELS</p>	<p>24 YOUTH & TEEN CHAT ROOM NETWORK 1600 SAC CHICKEN LIMBO</p>	<p>25 YOUTH & TEEN ONE HIT WONDER DAY SAC CRAZY INVENTIONS & STRANGE THINGS</p>	<p>26 YOUTH & TEEN PING PONG TOURNAMENT 1530 SAC MOVIE DAY IN THE SAC ROOM (MOVIE TBA)</p>	<p>27 </p>
<p>28 </p>	<p>29 YOUTH & TEEN CHAT ROOM ARTS & CRAFTS 1530 SAC BACKYARD PARK</p>	<p>30 YOUTH & TEEN BABE RUTH SETS HOMERUN RECORD SAC NAT'L MUD PACK DAY MUD DANCING</p>				

Tech Connection Youth and Teen Center has a great School Age Care Program. We are currently taking enrollment for the fall. Hours are 1430-1700 and wrap around care available from 1700-1800. Please call 656-2127 or stop by our office for more information.



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$20.00/hour.

Looking for part time Certified Flight Instructors. Please call 372-7033 for more information.



COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES

Cessna 152 (IFR) \$50.00 Beech (T-34) \$100.00
Cessna 172 (IFR) \$66.00

All rates are on a hourly basis including fuel.

MEMBERSHIP FEES

Monthly dues: \$23.00 Initiation fee: \$30.00



MWR Bluewater Cove Marina

MWR, the NPS Foundation and NPS Sailing Association are working together to maintain the present sailing program beginning 1 October 03. Contact the fitness center at 656-3118 for the latest information on the boat rental program. Sailboat rental rates are \$30 and \$40 per day.

SLIP RENTAL PROGRAM. Effective 1 October 2003 MWR will begin renting slips at the marina. Rental fees are set at \$225.00 per month. Interested parties may call 656-7953 for availability.

- Located at the Coast Guard Pier in Historic Downtown Monterey.
- Our services are available for all active duty, retired military, family members and DOD civilians.
- Open everyday.
- Contact the Monterey Bay Athletic Club for rentals.
- First come - first served.
- Nine boats are available to rent.
- The minimum age to qualify for sailboat rentals is 18.
- Check sails are required for boat safety training and to familiarize all patrons with sailing areas and off limit locations prior to initial sailboat rental. Reservations for "check sails" are required - contact Naval Postgraduate School Sailing Association (NPSSA.)
- For Marina information, check sails, and boat reservations contact NPSSA or Monterey Bay Athletic Club at 656-3118.

SAILING CLASSES: MATE "A" & SKIPPER "B"

Sat 13 - Sun 14 Sep 03

Sat 11 - Sun 12 Oct 03

Cost is \$85.00 plus \$5.00 for swim test. Sign up now at the Fitness Center.

"HANAIEI" CRUISES

Reserve your seat for a two hour tour on the 30' Hanalei cruising sailboat on the Monterey Bay for any Saturday afternoon 1300-1500 or Wednesday evening 1730-1930. The Hanalei is limited to 14 passengers.

No sailing experience is necessary! Open to all military, reserves, DOD civilians and family members. Reservations are required and can be obtained by contacting Jim Laughlin at 242-5747 or email: sailing@monterey.army.mil.

-NPSSA-

NPSSA, the Naval Postgraduate School Sailing Association, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. Additionally, NPSSA provides assistance to MWR with boat maintenance and sailing qualifications through volunteers. All MWR eligible personnel may join NPSSA. For more information on how to get involved with sailing in Monterey or to volunteer, contact NPSSA at npssa@nps.navy.mil.



Go to our new website at
www.montereypinesgolf.com.

Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

Golf instruction available from your certified golf instructors.

CLAY MURRAY ~ Head Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$40.00	\$35.00	\$30.00
ONE HOUR	\$60.00	\$55.00	\$50.00
VIDEO HOUR	\$75.00	\$70.00	\$65.00
PLAYING LESSON	\$90.00	\$85.00	\$80.00

ERIC THOMPSON/DAVID HARBER ~ Assistant Professionals



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00

NPS INTRAMURAL GOLF LEAGUE

Thursday, 21 August 03 - Thursday, 30 October 03
Championship Match Thursday, 6 November 03

Cost: \$150.00 per team

12 teams of 4 to 8 players
2 divisions of 6 teams
11 nine hole matches
2 winners of each division
play for championship

Please call Clay at 656-2167 for more details..

19TH HOLE GRILL

Open 7 days a week: Mon 9 am - 5 pm
Tues-Thurs 6:30 am - 5 pm, Fri-Sun 6:30 am - 6 pm

Offers breakfast, lunch and early lite dinners.
Banquet facilities for up to 150 people.

Featured Daily Lunch Specials

Wednesday - Italian
Friday - Prime Rib & Fresh Fish

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op

DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$18/Day	\$15/Day
DOD	\$20/Day	\$18/Day
Sponsored guests	\$25/Day	\$20/Day

RV VEHICLE STORAGE RATE

	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

GOLF FEES

RENTALS		ANNUAL FEES	
Cart Rate	\$20.00	Enlisted	\$540.00
Single Cart	\$12.00	Officer	\$660.00
Rental Clubs	\$10.00	DOD	\$720.00
Pull Carts	\$5.00		

PUNCH CARD 20 PLAY

25% DISCOUNT

Military	\$180.00
DOD	\$270.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar - <http://onboard.nps.navy.mil/intra/>

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday through Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 11:00 p.m. Monday - Wednesday
3:00 - 11:00 p.m. Thursday & Friday
4:00 - 11:00 p.m. Saturdays
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30-2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0900-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 5:00 p.m.; Sundays 9:00 a.m. - 5 p.m. Federal holidays, 10 a.m. - 5 p.m. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. - 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Open Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!

www.mwr.nps.navy.mil